

# TIPS FOR INFLUENZA PREVENTION

## HOW IS INFLUENZA TRANSMITTED?

- ▲ Contact transmission
  - Direct
    - Touching an infected human
  - Indirect
    - Touching an object that an infected human touched
- ▲ Droplet transmission
  - Large droplets generated by sneezing, coughing or talking
  - Occurs over a distance of up to 6 feet
- ▲ Airborne transmission
  - Due to small droplet nuclei
  - Occurs over many feet

## HOW LONG DOES INFLUENZA VIRUS SURVIVE?

- ▲ Stainless steel and plastic
  - Survived 24-48 hours
  - Transferred to hands up to 24 hours
- ▲ Cloth, paper, tissues
  - Survived 8-12 hours
  - Transferred to hands up to 15 minutes
- ▲ Hands
  - Survived up to 5 minutes

## TOP 10 GENERAL INFLUENZA PREVENTION METHODS

### MEDICAL

#### #1 Vaccination

#### #2 Antiviral medications

- ▲ Must start within 2 days of illness
- ▲ Treatment as advised by your health care provider

### NON-MEDICAL

#### Personal Hygiene

#### #3 Cough Etiquette

- ▲ Properly cover your mouth and nose with a tissue or sleeve when coughing or sneezing – See CDC “Cover Your Cough” at: [www.cdc.gov/flu/protect/covercough.htm](http://www.cdc.gov/flu/protect/covercough.htm)

#### #4 Hand Washing

##### Proper Hand Washing Procedures

- ▲ Wet hand with warm water
- ▲ Apply soap to hands
- ▲ Rub hands together vigorously for 15-20 seconds, covering all surfaces of hands and fingers
- ▲ Rinse hands with warm water
- ▲ Thoroughly dry hands with disposable towel or air blower
- ▲ Use towel to turn off faucet

#### #5 Hand Sanitation (Alcohol rub/gel)

##### Proper Use of Hand Sanitizer

- ▲ Apply product to palm
- ▲ Rub hands together covering all surfaces of hands and fingers
- ▲ Rub until dry (15-20 seconds)
- ▲ Use on visibly clean hands
- ▲ Consider offering in public areas

## TIPS FOR INFLUENZA PREVENTION

### #6 Avoid Touching Eyes, Nose and Mouth

- ▲ Germs are often spread when a person touches something that is contaminated with virus and then touches his or her eyes, nose or mouth.

### HARD SURFACE CLEANING AND DISINFECTING

#### #7 Clean

- ▲ Organic material could protect the virus from sanitizers
- ▲ Removal of the organic material is a key part of effective disinfection

#### #8 Rinse

- ▲ Detergents should be rinsed off to avoid dilution or inactivation of disinfectant

#### #9 Disinfect

- ▲ Follow directions for use on the product label of a properly EPA registered disinfectant which has claims of effectiveness against influenza viruses listed on the label.
  - Wipe down frequently touched surfaces with a properly registered disinfectant
    - Light and air control switches
    - Faucets and toilet flush levers
    - Door knobs, TV and radio controls and telephones
    - Public restroom doors
    - Other surfaces as needed
  - Disinfect all surfaces in the bathroom that may have contacted respiratory secretions, urine or feces according to standard infection control procedures

*Carefully read and follow all product directions according to the EPA registered product label.*

#### #10 Stay Home When You're Sick

- ▲ With cold or flu symptoms, stay home and get plenty of rest
- ▲ Check with your local health care provider as needed

The information contained in this guide is in accordance with U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommendations. No vaccine is currently available for Avian Influenza H5N1 or the H1N1 Influenza strain. These recommendations are offered as a set of best practices to help lower the probability of contracting influenza type viruses.

### ADDITIONAL RESOURCES

#### CDC "Stopping the Spread of Germs at Work"

Downloadable PDF file available in five languages.

[www.cdc.gov/germstopper/work.htm](http://www.cdc.gov/germstopper/work.htm)

#### CDC "Stop the Spread of Germs"

Printable formats of "Cover Your Cough" flyers and posters in five languages.

[www.cdc.gov/flu/protect/covercough.htm](http://www.cdc.gov/flu/protect/covercough.htm)

#### FDA "What to do for Colds and Flu"

[www.fda.gov/opacom/lowlit/clds&flu.html](http://www.fda.gov/opacom/lowlit/clds&flu.html)

#### US Department of Health & Human Services "Pandemic Flu Planning Checklist for Individuals and Families"

[www.pandemicflu.gov/planguide/checklist.html](http://www.pandemicflu.gov/planguide/checklist.html)

#### US Department of Health & Human Services "Business Pandemic Influenza Planning Checklist"

[www.pandemicflu.gov/plan/businesschecklist.html](http://www.pandemicflu.gov/plan/businesschecklist.html)

#### FDA "Questions and Answers on Avian Influenza and Food Safety"

[www.cfsan.fda.gov/~dms/avfluqa.html](http://www.cfsan.fda.gov/~dms/avfluqa.html)